



K9 Exclusive Walks Ltd – Professional Dog Handling & Training

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Natural Flea & Tick Prevention for Dogs Using Garlic Safely & Maintaining Healthy Skin Oils

Safe Garlic Dosage for Dogs

Garlic is a natural flea and tick repellent when given in controlled amounts. It builds up protective sulphur compounds in the coat, making your dog less attractive to parasites. **Always use fresh, organic garlic** and chop/crush it 10-15 minutes before feeding for maximum benefits.

Recommended Dosage (by Dog's Weight in Kg):

- **5kg** – ¼ clove per day
- **10kg** – ½ clove per day
- **15-20kg** – 1 clove per day
- **25-30kg** – 1 ½ cloves per day
- **35-40kg** – 2 cloves per day

👉 **Never exceed these amounts**, as too much garlic can be toxic to dogs.

Feeding Schedule

- **Feed daily for two weeks** to build up protection.
- After the initial period, **feed twice a week** for maintenance.

IMPORTANT NOTES FOR USAGE!

Garlic is safe for your dog when you feed it in appropriate amounts. However, there are some cautions for pregnant dogs and some breeds like Akitas and Shiba Inus.

Pregnant Dogs

Always be cautious with any medicine or supplement for pregnant dogs. Consult your holistic veterinarian when feeding garlic to expectant mothers. Garlic also changes the taste of breast milk so avoid feeding it to nursing dogs.

Puppies

Don't give garlic to puppies under six months. Puppies eight weeks or less don't produce new red blood cells so never give them garlic. For puppies aged six months to a year, you can be cautious and feed half the regular dose.

Breed Specific Issues

Veterinary herbalist Susan Wynn warns against giving garlic to Akitas and Shiba Inus. These breeds are more sensitive to the hemolytic effects of oxidants such as N-propyl disulphide found in garlic. Consult your holistic vet if you have concerns about your dog's breed related risks.

Drug Interactions

Garlic can interact with several types of medications. Here's a short list of ones you need to be careful with:

- Immune suppressants
- Heart medications
- Chemotherapy drugs
- Blood thinners

- Insulin
- Antacids
- High blood pressure drugs.

Don't use garlic if your dog is on any of these drugs. Since garlic affects blood clotting don't use it two weeks before any scheduled surgery.

When to Start Feeding Garlic in the UK

To allow for the natural sulphur build-up in your dog's coat, start feeding garlic **4-6 weeks before flea and tick season begins**.

- **Begin in early February** to provide protection by March.
 - Continue feeding until **late September or October** to cover the active parasite months.
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Benefits of Garlic for Dogs

Garlic is packed with essential nutrients, including:

- **Minerals:** Zinc, potassium, phosphorus, calcium, magnesium, manganese, selenium, germanium
- **Vitamins:** A, C, B-complex
- **Compounds:** Inulin, amino acids, sulphur

Garlic's pungent energy warms the body, improves circulation, and supports the **lungs, large intestine, spleen, and stomach**. It also:

- ✓ **Detoxifies the body** by supporting beneficial gut bacteria and eliminating harmful bacteria.
- ✓ **Supports digestion** in fall, winter, and early spring to balance gut health.
- ✓ **Enhances liver function**, helping break down wastes before they enter the bloodstream and improving nutrient assimilation.

Caution: Garlic is high in sulphur and fructans (inulin and oligofructose), which can cause digestive upset in dogs with **leaky gut, inflammatory bowel disease, or irritable bowel syndrome**. Always ensure your dog has a **healthy digestive system** before introducing garlic.

Maintaining Natural Oils in Your Dog's Coat

Your dog's natural oils help keep their skin healthy and resistant to parasites. Follow these best practices to maintain a balanced, protective coat:

- ✓ **Avoid Over-Bathing** – Bathing too often strips natural oils. **Bathe only every 4-6 weeks**, or when necessary, using a mild, natural dog shampoo.
- ✓ **Brush Regularly** – Brushing **2-3 times a week** distributes natural oils and keeps the skin and coat in great condition.
- ✓ **Feed a Healthy Diet** – **Omega-3 and omega-6 fatty acids** from fish oil, flaxseed, and high-quality meats support skin health and oil production.
- ✓ **Use Natural Oils for Extra Protection** – Lightly applying **coconut oil or neem oil** can help maintain hydration and provide additional parasite protection.

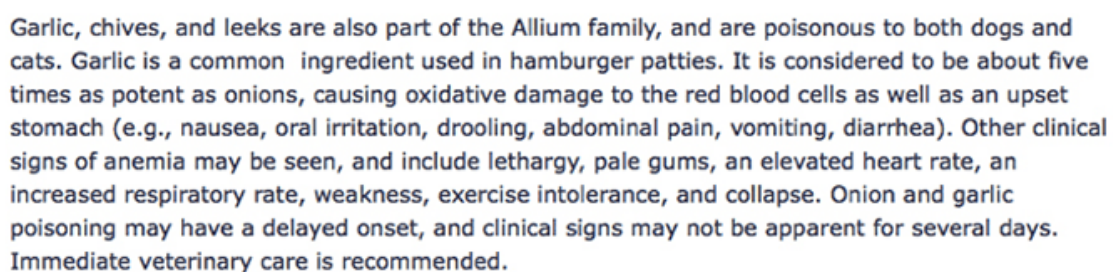
✓ **Avoid Harsh Chemicals** – Flea shampoos, sprays, and chemical spot-ons can strip oils and irritate the skin. Opt for natural alternatives where possible.

Choosing the Right Garlic

For maximum benefits, **use fresh, home-grown garlic** instead of pre-packaged, ready-to-use garlic, which can lose potency and contain preservatives.

Garlic And Dogs: The Confusion About Safety the Facts!

When people ask, “can dogs eat garlic?” the answer tends to be no. Here’s an excerpt from [Veterinary Pet Insurance’s website](#):



Garlic, chives, and leeks are also part of the Allium family, and are poisonous to both dogs and cats. Garlic is a common ingredient used in hamburger patties. It is considered to be about five times as potent as onions, causing oxidative damage to the red blood cells as well as an upset stomach (e.g., nausea, oral irritation, drooling, abdominal pain, vomiting, diarrhea). Other clinical signs of anemia may be seen, and include lethargy, pale gums, an elevated heart rate, an increased respiratory rate, weakness, exercise intolerance, and collapse. Onion and garlic poisoning may have a delayed onset, and clinical signs may not be apparent for several days. Immediate veterinary care is recommended.

The reason for this misleading information is that most research studies base their findings on the effects of garlic extracts, excessive dosages and unnatural delivery methods. Researchers rarely use fresh garlic for dogs because it’s difficult to measure variances in whole plant medicine. Evidence-based research doesn’t know what to do with the “food as medicine” paradigm.

One study, in particular, helped create garlic’s reputation as a food that can harm your dog. [This 2000 study by K W Lee et al](#) fed 5 grams of garlic per kilo per day to the dogs.

That’s an excessive amount. It means you’d need to feed about four full heads of garlic (or 60 cloves) to a 75 lb Golden Retriever, or 23 grams of garlic (6 to 8 cloves) to a 10 lb dog, before they’d experience any adverse effects.

Definitely do not feed this much!

But [another study in 2018](#) fed much smaller amounts – and for a longer period (12 weeks instead of 7 days). They gave only 90 mg per kilo per day, and concluded that “The long-term oral administration of AGE at a dose of 90 mg/kg/day for 12 weeks did not show any adverse effects in dogs.”

And they found another benefit: garlic upregulated the gene expressions of canine Nrf2 and Nrf2-regulated phase II antioxidant enzymes. Nrf2 is an anti-inflammatory signalling pathway.

Thiosulphate In Garlic


Garlic contains thiosulphate, the chemical responsible for causing Heinz body haemolytic anaemia. This type of anaemia causes oxidative damage to red blood cells that shortens their life. Red blood cells oxygenate tissues. Haemolytic anaemia causes a decrease in these cells, which can lead to sickness and even death. Symptoms of haemolytic anaemia include diarrhoea, loss of appetite, lethargy, pale gums, rapid breathing and dark urine.

Want to avoid haemolytic anaemia? Feed the right kind of garlic (by now you know that means fresh) and the correct dosage.


Proper dosages of raw garlic don't contain high levels of thiosulphate. Bone marrow continually produces red blood cells. This means your dog would have to receive an excessive dose over a long period of time – or an extremely large dose – to cause death.

Need More Advice?

As **Sighthound specialists**, we're happy to help all dog owners keep their pets flea and tick-free. If you have any questions, feel free to get in touch!

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